



Empire 8 2014 Women's Indoor Track and Field All-Conference

- E8 Championship meet record

* Glazer Arena Facility Record

60 Meter Dash

1 st Team – Miasia Hillman, Alfred University	:07.92
2 nd Team – Harmony Graves, Ithaca College	:08.03

60 Meter Hurdles

1 st Team – Tiffany Evangelou, Stevens	:09.34
2 nd Team – Christine Benway, Ithaca College	:09.68

200 Meter Dash

1 st Team – Harmony Graves, Ithaca College	:26.23
2 nd Team – Miasia Hillman, Alfred University	:26.47

400 Meter Dash

1 st Team – Hannah Brackley, Nazareth College	1:00.03 *
2 nd Team – Anastasia Bowden, Utica College	1:00.30

800 Meter Run

1 st Team – Michaela Gildemeyer, Nazareth College	2:23.04
2 nd Team – Samantha Prendergast, Utica College	2:23.71

One Mile Run

1 st Team – Kaitlyn Day, Utica College	5:20.16
2 nd Team – Gabrielle Lebihan, Nazareth College	5:21.39

5,000 Meter Run

1 st Team – Amy Regan, Stevens Institute of Technology	18:01.03
2 nd Team – Alexa Rick, Ithaca College	18:34.15

1,600 Meter Relay

1 st Team – Ithaca College	4:08.89
Harmony Graves, Brittany Greene, Alexandra Lewis, Julia Jones	
2 nd Team – Utica College	4:12.85
Samantha Prendergast, Abby Schaible, Jaimee Balloni, Brenna Stewart	

Distance Medley Relay

1 st Team – Stevens Institute of Technology	12:51.99
Ashley Princiotta, Melissa Gibbons, Kelly Freed, Amy Regan	

2nd Team – St. John Fisher College 13:01.30
 Sarah Coon, Kaitlin Rizzo, Sydney Saccone, Kaylee Zbytek

High Jump

1st Team – Gladys Njoku, Stevens 1.65m
 2nd Team – Amira Dardir, Stevens 1.60m

Pole Vault

1st Team – Alex Rechen, Ithaca College 3.45m *
 2nd Team – Rebecca Graudons, Alfred University 3.30m

Long Jump

1st Team – Emilia Scheemaker, Ithaca College 5.50m
 2nd Team – Lisa Knab, St. John Fisher College 5.25m

Triple Jump

1st Team – Emilia Scheemaker, Ithaca College 12.07m *#
 2nd Team – Sarah Wiatr, Utica College 11.43m

Shot Put

1st Team – Paige Wilson, St. John Fisher College 12.27m
 2nd Team – Brandy Smith, Ithaca College 11.81m

20-Pound Weight Throw

1st Team – Brandy Smith, Ithaca College 14.39m
 2nd Team – Joanna Vassiliou, St. John Fisher 14.04m

